



DEPARTMENT OF TRANSPORTATION
PORT ADMINISTRATION

POB eBroadcast



January 6, 2014

Cold Weather Preparedness Alert

Cold Weather Preparedness:

- Closely monitor local news reports for updates on weather forecasts.
- Minimize outside activities, particularly the elderly and very young. Remember to consider your pets.
- Use the buddy system when working outside.
- Take rest breaks in a warm shelter.
- Dress in several layers of loose-fitting, light weight clothing, preferable to a single layer of heavy clothing.
- Wear a hat, mittens/gloves and sturdy waterproof boots to protect your extremities. Wear a face mask or scarf to cover nose and mouth.
- Stay dry. If clothes become wet, change as soon as possible.
- Avoid dehydration (drink hot or warm caffeine-free liquids).
- Know symptoms of hypothermia and frostbite and proper response.
 - Frostbite causes a loss of feeling and a pale appearance in extremities, such as fingers, toes, ear lobes or tip of nose. If symptoms are detected, seek immediate medical care.
 - Hypothermia can occur in extreme cases. The warning signs are uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion. Go immediately to a warm environment if severe shivering or if any of the above symptoms are present and seek immediate medical care.
- In cold temperatures assume that all wet, dark areas on pavement/roads are slippery and icy. Go slowly; take short steps or shuffle for stability.

Weather Update:

An Arctic cold front is pushing into Maryland. Rain showers can be expected, along with widespread fog through Monday morning. As the colder air works its way into the region, snow could mix in with any residual precipitation.

The Arctic cold front should be positioned along the I-95 corridor by Monday morning and will blast through the area by Monday afternoon, bringing some of the coldest air we have seen in decades.

Highs on Tuesday will only reach into the lower teens and perhaps single digits for spots north and west of the city. Overnight lows will plummet again into the single digits both Monday night and Tuesday night while wind chills make it feel 10-15 degrees below zero!